**Helplines, apps and websites to support parents**

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|  | **Phone**  See the source image | **Website**  See the source image | **Online chat**  See the source image |
| **NetAware**  Parents’ guide to apps/games/ social media sites to help keep children safe |  | <https://www.net-aware.org.uk/> |  |
| **Shout**  Crisis text messenger service | Text 85258  24/7  Free on most networks | https://www.giveusashout.org/get-help/ |  |
| **IMAlive**  Online crisis messenger service  (based in US) | 24/7 | https://www.imalive.org/ | See the source image |
| **Frank**  Honest information and advice about drugs and alcohol | 0300 1236600  Text 82111  confidential  24/7 | <https://www.talktofrank.com/> |  |
| **Drinkline**  Confidential information and advice for you or someone you are worried about | 0300 123 1110  weekdays 9am–8pm, weekends 11am–4pm  free |  |  |
|  | **Phone**  See the source image | **Website**  See the source image | **Online chat**  See the source image |
| **CEOP**  Reporting online sexual abuse or content |  | <https://www.ceop.police.uk/safety-centre/> |  |
| **Samaritans**  Free confidential support line for people who are feeling desperate | 116 123 | <https://www.samaritans.org/> | On its way! Chat will be available soon. |
| **Pace**  Telephone support and secure online forum for parents of exploited children | 0113 240 5226  Office hours  £ | https://paceuk.info/for-parents/ |  |
| **SelfHarm UK**  Support with self-harm issues | X | www.selfharm.co.uk |  |
| **Money Advice Service**  Financial help and information | 0800 138 7777  Free | <https://www.moneyadviceservice.org.uk/en> |  |
| **Step Change**  Debt support charity |  | <https://www.stepchange.org/debt-info/emergency-funding.aspx> | See the source image |
|  | **Phone**  See the source image | See the source image**Website** | **Online chat**  See the source image |
| **Refuge**  Domestic abuse helpline and online support and information | [0808 2000 247](tel:0808%202000%20247)  Free  24/7 | https://www.nationaldahelpline.org.uk/ |  |
| **Young Minds**  Support for parents when young people suffer poor mental health |  | https://youngminds.org.uk/find-help/for-parents/parents-survival-guide/ |  |
| **Recovery**  Support for drug and alcohol addiction | [0203 553 0324](tel:02035530324)  Free callback available  24/7 | <https://www.recovery.org.uk/> | See the source image |
| **Adfam**  Support for families affected by drugs and alcohol |  | <https://adfam.org.uk/> |  |
| **Stop Breathe Think**  Free Mindfulness app  (pay version also available) |  | <https://www.stopbreathethink.com/> |  |
| **101**  Non-emergency Police number.  **For emergencies**  **DIAL 999** | 101  15p per call |  |  |
| **111**  Non- emergency health advice.  **For emergencies**  **DIAL 999**. | 111  Call if you are seriously worried about symptoms  24/7  free | <https://111.nhs.uk/>  Use website if your enquiry isn’t serious |  |
| **Stoke-on-Trent Children’s Social Care** | 01782 235100 |  |  |
| **Staffordshire Children’s Social Care** | [0800 1313 126](tel:08001313126) |  |  |

Free resources for children and young people during COVID-19 restrictions:

* https://www.phoenixgrouphq.com/covid-19

And finally, some indoor activities for younger children available on these websites:

* <https://www.goodhousekeeping.com/home/craft-ideas/how-to/g1389/diy-kids-activities/>
* <https://familyeguide.com/boredom-busters-110-fun-at-home-activities-for-families-kids-2/>